

## Depression

*Then will I go unto the altar of God, unto God my exceeding joy: yea, upon the harp will I praise thee, O God my God. Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God. Psalm 43:4-5*

*Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance. Psalm 42:5*

*Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God. Psalm 42:11*

-There is no reason for a Christian's soul to be in despair. A life in God has the ability to brighten even the physical countenance of the Christian. The Christian's focus must be Godward, rather than inward in order for this to happen.

*I waited patiently for the LORD; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD. Psalm 40:1-3*

-Depression often comes from hoping in things other than God. Only God has the ability to lift up the depressed soul and put it into a position where it is no longer tossed about.

*This I recall to my mind, therefore have I hope. It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him. Lamentations 3:21-24*

-In the middle of Jerusalem's destruction, when Jeremiah had every reason to be depressed, he remembered that waiting upon God's mercies never fails.

*I had fainted, unless I had believed to see the goodness of the LORD in the land of the living Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD. Psalm 27:13-14*

*And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God. I Samuel 30:6*

-Unless you believe that you are headed for better things as a Christian and unless you stay focused on God, you will become preoccupied with the troubles of this life and you will faint spiritually and perhaps even physically.

*Look not every man on his own things, but every man also on the things of others. Philippians 2:4*

*For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life: But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead: Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us; II Corinthians 1:8-10*

-The more that we die to self and realize that God has complete reign in every area of our life, the more that we will be able to cope with the troubles that we face as a Christian.

*How long wilt thou forget me, O LORD? for ever? how long wilt thou hide thy face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? how long shall mine enemy be exalted over me? Consider and hear me, O LORD my God: lighten mine eyes, lest I sleep the sleep of death; Lest mine enemy say, I have prevailed against him; and those that trouble me rejoice when I am moved. But I have trusted in thy mercy; my heart shall rejoice in thy salvation. I will sing unto the LORD, because he hath dealt bountifully with me. Psalm 13*

-Even a spiritual man, like David, faced great spiritual and physical depression. He always came back to this one truth: I will trust in God and give Him thanks.

-Depression often comes from an inward focus. The more we practice service to others, the less likely we are to become depressed over our own troubles.